

Detroit Area

"AIM HI" For A Healthy Lifestyle Ongoing

Free health screening for diabetes, hypertension, cholesterol, glaucoma, and diabetic retinopathy, fitness and nutrition education classes, consultations with a fitness trainer, hypertension and cholesterol classes, diabetes self-management classes.

Locations:

AIMHI Eastside Health Resource Center,
Tues. & Thurs. 8:30AM-5:00PM, Fri. 8:30AM-
12:30PM, 3360 Charlevoix, Detroit, MI
48207 Phone: 313-921-8207

AIMHI Westside Health Resource Center,
Mon. & Wed. 8:30AM-5:00PM, Fri. 1:00PM-
5:00PM, 21551 Fenkell, Detroit, MI 48223
Phone: 313-592-4838

Sponsor: Henry Ford Health Systems

For More Information: Call 313-921-8207 or
313-592-4838, or call SouthEast Michigan
Diabetes Outreach Network at 313-965-2351
<http://www.diabetesinmichigan.org/eventdisp.asp?>



Promoting Healthy Eating in Detroit (PHED) Ongoing

PHED conducts Healthy Eating Demonstrations, Mini-Markets (where fresh produce is available at wholesale prices), and Physical Activity Events regularly.

Cost: N/A

For information on food demonstrations and/or mini-markets, call Teretha Hollis-Neely at (313) 876-4444. For information on the Physical Activity events, call REACH Detroit Partnership at (313) 874-7131, or see brochure.

<http://www.diabetesinmichigan.org/brochure/PHED.pdf>

Botsford Health Care Continuum Community Health-related Programs

Blood Pressure Screening Free

2nd Monday every month. 1-4 p.m.
Botsford General Hospital, Main Lobby

Cholesterol Screenings Fee required

Call (248) 477-6100 for information

Walking Clubs

Livonia Mall & Northland Mall
Call (877) 442-7900 for information

Free blood pressure provided to walkers by
Botsford General Hospital on selected days.

For a list of classes call (248) 477-6100

Detroit continued



Rehabilitation Institute of Michigan

Detroit Medical Center/Wayne State University

Free Health, Wellness & Fitness Classes

Fitness Calendar

To Register Call: (313) 745-9748

Search for other Detroit Area
Health Care & Fitness Links

<http://www.detroit11.com/health.htm>

Detroit YWCA
Northwest Branch

Rochester

Crittenton Hospital Medical Center

offers health education programs and services,

<http://www.crittenton.com>

Community Health & Education Department

(248) 652-5269 from 8 a.m. to 4:30 p.m.,

Monday through Friday

Washtenaw County Trails

<http://www.ewashtenaw.org>

Community Health Programs

<http://www.stjohn.org/communityhealth/Default.aspx>

Get Up, Get Out!

Learn about exciting things you and your
family can do outdoors.

[http://www.detroitpublictv.org/gugo/
index.shtml](http://www.detroitpublictv.org/gugo/index.shtml)

Walking Works

Creating A Healthier

Macomb County

www.chmonline.org